

"5 ways to release your Bookcytocin"

The ultimate method to embrace your reading experience and become the best version of yourself

You know reading is important. You've heard that your whole life. What is holding you back? The leaders of the future are those who read – they have thought knowledge in their area that transcends what others know. Below you will find 5 ways to read more and release your love for reading, your Bookcytocin.

1. Experiment With Multiple Forms of Reading

Don't read the same way all the time. Read a physical book. Read on your [Kindle](#). Read on your iPhone, computer, and on a random computer while you're in the library. The beauty of Kindle is that it syncs on all your devices.

Also, experiment with audio books. I recently signed up for an account with [Audible](#) and have been loving it. This has been the single greatest help to me in reading.

Most of our days are filled with downtime. The commute to and from work, the gym, random tasks around the house, and driving from here to there. Rather than (I can't believe I'm saying this) listen to music or fill the dead space with thoughts, listen to audiobooks.

You'll begin to read like never before.

2. Read What You Want to Read

When it comes to reading, we have a lot of pressure from culture and authorities about what we *should* read. But developing a love for reading doesn't start with what others tell you to read. You should read what you want to read.

You probably haven't been trained to read what you *want* to. School didn't prepare you well. Why did you read for the first 17 years of your life?

Because there was a test. Because you *had* to.

Pick up a book because you want to read it. You want to learn something. Matter of fact, start with reading Seth Godin's FREE ebook "[Stop Stealing Dreams](#)".

Oops...I just told you what to read. Well, it's worth it.

3. Give Books Away

True enjoyment is always shared enjoyment.

Sure, reading is fun by yourself. But it doesn't compare to sharing it with someone else. After you finish a book, give it away. Save your notes, but pass it along to someone who would benefit from it. If it's a friend, then you'll have conversations surrounding the topic of that book and you'll enjoy it all the more.

I've found it to be true in all areas of life: the more you give, the more you live.

4. Take Notes

Love is developed for something when you move it from head to heart – when you begin to apply knowledge. That's why I take a lot of notes when I read. I underline, write, and create action steps. When I finish a book I then have a wealth of knowledge to review. The more you write, the more you'll grasp what you're reading and change your life because of it.

5. Use Social Media

The best form of marketing is word-of-mouth. Nearly all the books I enjoy today are recommendations from friends on Twitter and from blogs I read. You should do the same. Find people you respect and follow them. Read the books they are reading. Expand your horizons and try a kind of book you're not used to.

What is holding you back?

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